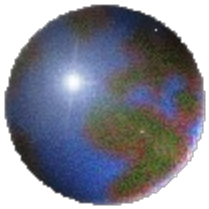


Returning from Operation Iraqi Freedom -- Safely

How to recognize and control the risks

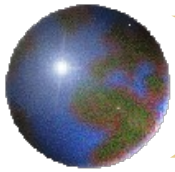
at home

Readiness Must Not Slip

- We must sustain our unprecedented level of readiness over the long-term.
- Staying ready means staying safe.
- Apply risk management both on-duty and off.

Before you start your engines…

- If your vehicle has been in storage don’t start your vehicle right away.
- Check fluid levels and air pressure in tires.
- Make sure blinkers and brake lights work. Check mirror positions and clean windows.
- Re-orient yourself with the vehicle.

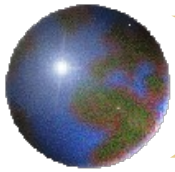


Drinking and Driving

- If you are going to drink, don't drive. Either stay put, have a designated driver, or call a cab.
- Make a plan before going out on the town and ensure you and your shipmates stick to the plan.
- Drinking too much can be deadly, no matter what you are doing.

Fatigue Behind the Wheel

- Be conservative in how far you plan to drive each day.
- Drive during the daytime and have a driving partner. Plan ahead to stop somewhere for the night.
- Take plenty of breaks … at least one every two hours. Don’t wait until your body tells you to, it may be too late.
- Leave early enough to allow ample travel time both going and returning.
- Always wear your seat belt.

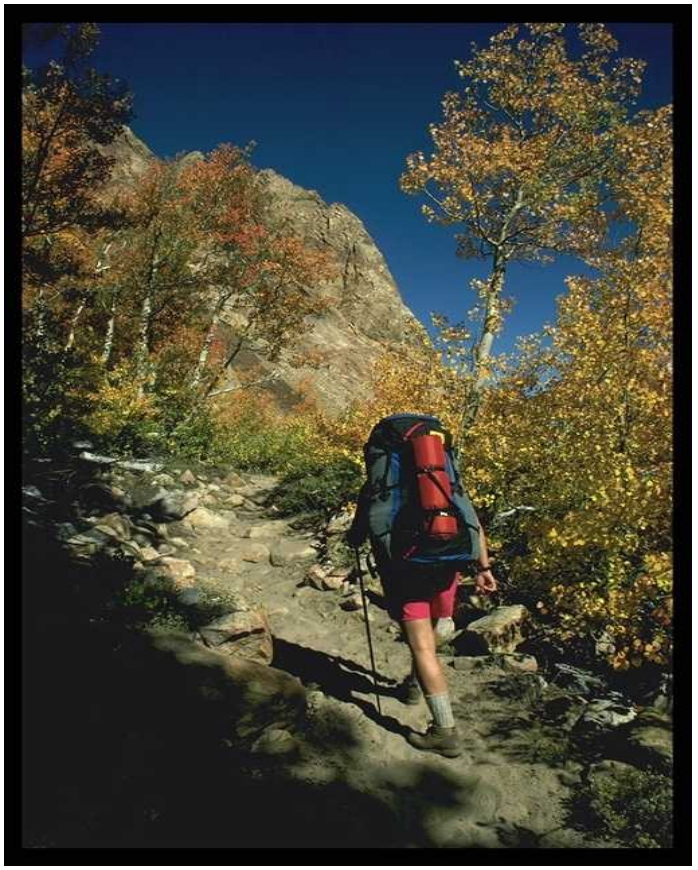


Staying Safe On Liberty

- Use the buddy system, and keep an eye out for one another.
- Speak up and take charge if you must intervene.
- If you are in a leadership role, set the example and make it clear that you expect everyone to return from liberty in one piece.

Hobbies and Sports

- Know your limits. If your body tells you to stop, do it!
- Wear protective gear and ease yourself back in to your favorite sport.
- Thunderstorms are fast and deadly. Keep an eye on the weather and move indoors when necessary.



Water Sports

- You may consider yourself a skilled swimmer, but most only qualify as Class III swimmers.
- Always take a buddy along and only swim in areas with lifeguards.
- Look before you leap. Check the water for obstacles under the surface.
- Don’t drink alcohol before swimming.
- Never hyperventilate and hold your breath under water. Hyperventilation lowers the level of CO2, which ordinarily triggers the body to breathe. Victims pass out and drown.

Boating

- Take a safe boating course.
- Monitor weather conditions.
- Always wear a personal flotation device (PFD) and make sure safety equipment is available.
- Don’t overload your boat.
- Keep clear of swimming areas.
- Drink only non-alcoholic beverages.

Safety At Home

- Always wear proper PPE when using power tools and chemicals. You can find PPE at your local hardware store and it’s cheaper than a trip to the hospital.
- Check smoke and carbon monoxide detectors and replace batteries. Do you know where your fire extinguisher is?
- When mowing the lawn, wear shoes or steel-toed boots. Wear safety glasses to prevent eye injuries.

Learn From History

- Traffic and recreational fatality rates plummeted during Operation Desert Storm, then increased dramatically.
- Traffic-mishap rates are typically higher in the summer months.
- Don’t let history repeat itself during the coming months.

We Can Prevent Needless Deaths

- Good risk management
- Responsible decisions
- Common sense

Welcome Home!

Where To Find Resources

- Articles, messages, safety tips, checklists, presentations

www.safetycenter.navy.mil/seasonal/returnhome.htm

- Driving, off-duty and recreational topics
- Survivor stories, home mishaps, seasonal hazards
- “Photo of the Week” mini-posters
- 2003 edition of ***Ashore*** magazine’s annual traffic-safety issue